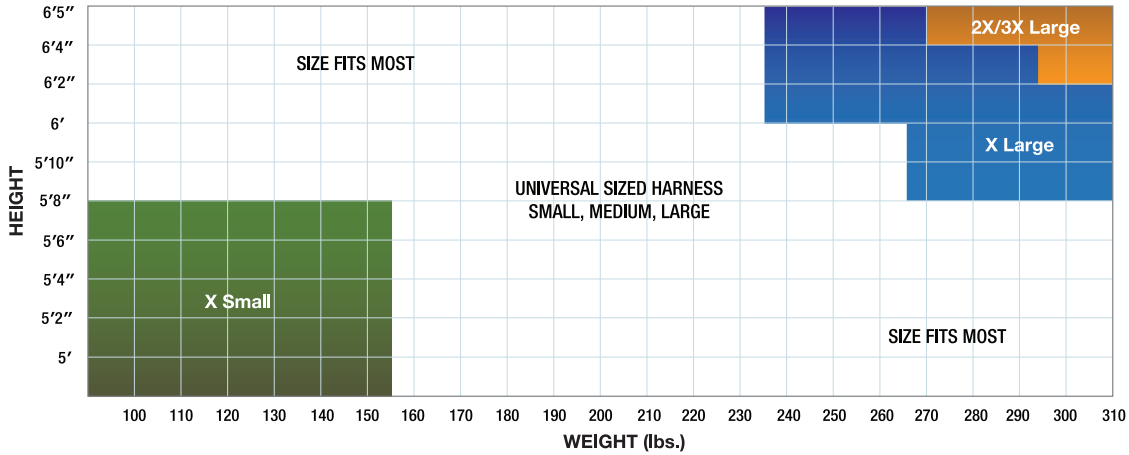


QUICK REFERENCE GUIDE

Please refer to this chart to get a general idea of your FallTech harness size.



DETAILED REFERENCE GUIDE

Because your harness is the most important element of any personal fall arrest system, it must fit properly to deliver the highest level of safety. After you select your FallTech harness, follow these three simple steps to find your exact size.

1. TORSO STRAP

2. LEG STRAP

3. WAIST BELTS

ALL MEASUREMENTS ARE TO BE TAKEN OVER CLOTHING

Single-size Harness

XS	32" - 49"	MB/QC	TB 16" - 28" 14" - 30"
S	38" - 51"	MB/QC	TB 18" - 30" 16" - 32"
M	40" - 53"	MB/QC	TB 20" - 32" 18" - 34"
L	42" - 55"	MB/QC	TB 22" - 34" 20" - 36"
XL	46" - 57"	MB/QC	TB 24" - 36" 22" - 38"
2X	48" - 60"	MB/QC	TB 26" - 38" 24" - 40"
3X	51" - 62"	MB/QC	TB 28" - 40" 26" - 42"
4X	50" - 64"	MB/QC	TB 30" - 42" 28" - 44"

7 Grommet Single-size

XS	30" - 39"
S	34" - 43"
M	38" - 47"
L	42" - 51"
XL	46" - 55"
2X	50" - 59"
3X	54" - 63"
4X	58" - 67"

UniFit Harness

UNI	47" - 60"	MB/QC	TB 19" - 31" 17" - 33"
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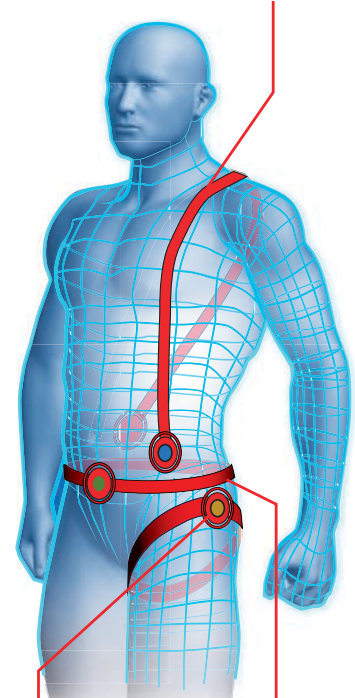
Dual-size Harness

S/M	43" - 53"	MB/QC	TB 18" - 30" 16" - 32"
L/XL	45" - 58"	MB/QC	TB 22" - 34" 20" - 36"
XL/2X	49" - 68"	MB/QC	TB 24" - 36" 22" - 38"
2X/3X	51" - 63"	MB/QC	TB 26" - 38" 24" - 40"
3X/4X	52" - 64"	MB/QC	TB 28" - 40" 26" - 42"

9 Grommet Dual-size

S/M	34" - 47"
L/XL	42" - 55"
XL/2X	46" - 59"
2X/3X	50" - 66"
3X/4X	54" - 70"

1. TORSO STRAP
Measure from 3 inches left of navel. Upward over left shoulder towards lower right side of back.



2. LEG STRAP

Measure the circumference around the thigh from the crotch to underneath the hip bone.

3. WAIST BELTS

Measure the circumference around the waist just under the navel.

How to put on a full body harness



STEP ONE

Hold Harness by back D-ring. Shake harness to allow all straps to fall in place.



STEP TWO

If chest, leg and/or waist straps are buckled, release straps and unbuckle at this time.



STEP THREE

Slip straps over shoulders so D-ring is located in middle of back between shoulder blades.



STEP FOUR

Pull leg strap between legs and connect to opposite end. Repeat with second leg strap. If belted harness, connect waist strap after leg straps.



STEP FIVE

Connect chest strap and position in midchest area. Tighten to keep shoulder straps taut.



STEP SIX

After all straps have been buckled, tighten all buckles so that harness fits snug but allows full range of movement. Pass excess strap through loop keepers.

